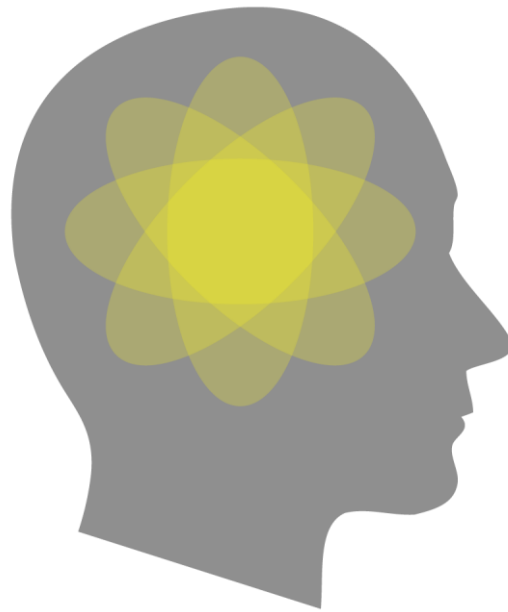


# EGO BALANCE

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*The Essence of Change*



By Eric Berrenson

## PREFACE:

I first began my pursuit for universal truth during my college years. Even as a wide eyed youngster, I was eager to uncover the so-called “secrets of the universe”. Deep down, it seemed to me the answers must already be within my grasp, but somehow always just outside of my reach. I could almost feel them tingling, tempting me to find them. I felt that, while they may *seem* to be hidden or secret, mankind had been redefining these truths since the beginning of time. Therefore they must be attainable.

It also seemed to me that if the secrets of the cosmos were revealed to me, meaning to life would become clearer, and if this were true, a route to a more satisfying and fulfilling life would open out to me. I knew this pathway would have an extraordinary bearing on my day to day life. Most importantly though, I fervently believed these secrets were the essential key to improving quality of life, not just for me, but to make a difference to humanity as a whole. To me, there was evidence this had happened with each primordial development revealed in the past. Life had evolved over time and uncovering this essence of change would take life to a whole new place of consciousness. A better place...

Ego Balance lays the foundation for change through a *unified theory of everything*. It redefines *golden philosophy* to achieve balance within both ourselves and within our relationships. At first glance, it may seem nebulous and complex and indeed Ego Balance draws on the wisdom of some of the greatest thinkers of all time, Plato, Fibonnaci, Pythagorus, Euclid and even Einstein himself. And yet these sparkling jewels of knowledge fit together into a pattern which lends itself to simpler truths.

Thanks for reading,

Eric





## DETERMINISTIC CHAOS:

We know that we can't find balance within every moment, and we can't always have complete control of self, but we can move closer towards our goals, and ultimately towards greater fulfillment for self, family and specie.

We will always have the innate ability to achieve balance, and change the aspects of ourselves and our relationships that are causing unhappiness. And this acceleration towards greater satisfaction can always begin from this moment forward. This is all true based on the *Law of Deterministic Chaos*.

Deterministic Chaos is a philosophical system that governs the universe, and affects human nature in its entirety. It impacts our ability to evoke change and be fulfilled. It influences universal and humanistic concepts such as space, time, energy, evolution and balance. It affects self-image and relationships.

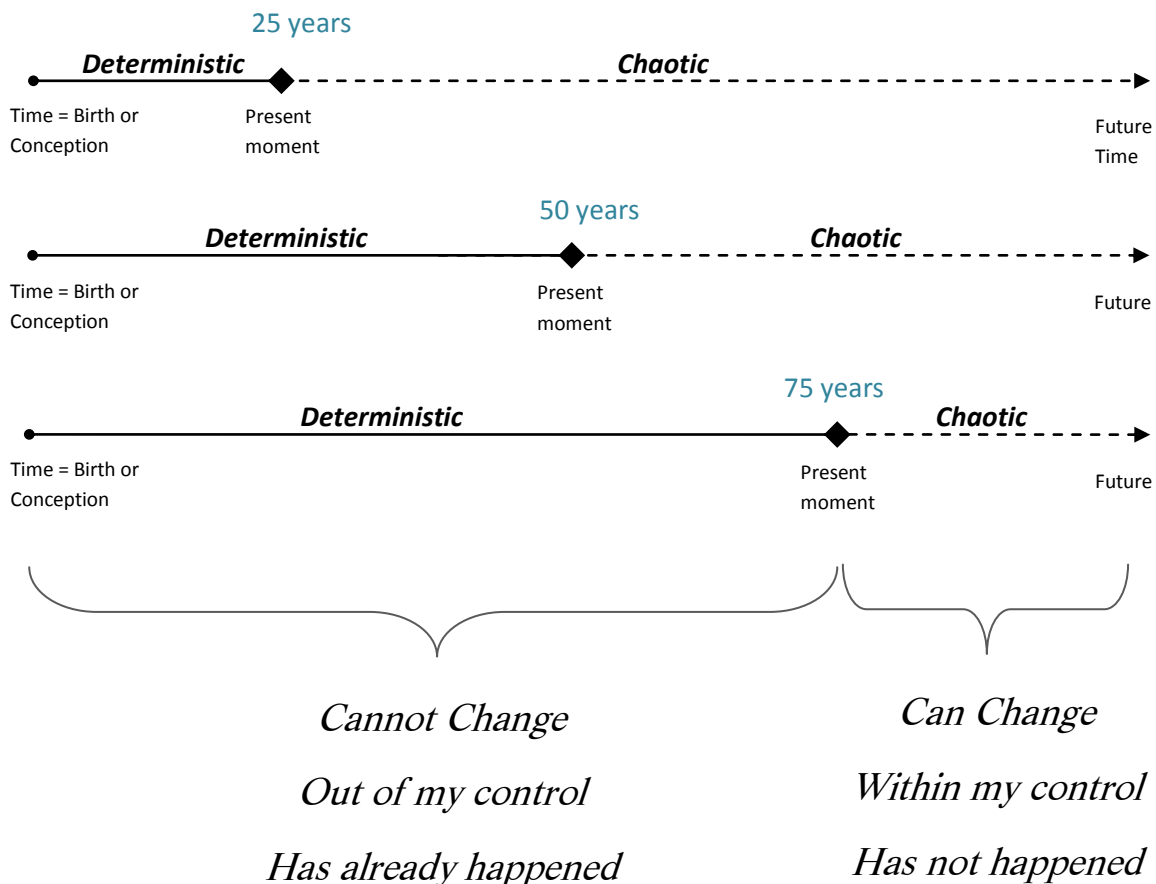
Often considered paradoxical, determinism and chaos are intertwined, and hardwired within our emotional DNA. Deterministic Chaos explains why change, transformation, and achieving greater peace of mind may be difficult at times, but always possible to accelerate over time. Exploring Deterministic Chaos can enhance self-acceptance of the past, while helping you move forward towards desired changes with greater ease from now and into the future.

<b>Deterministic Chaos</b>	
<b>Determinism</b>	<b>Chaos</b>
Already Happened; determined. Birth to the Present Moment Change is no longer possible	Has not Happened; undetermined The Present Moment to Death Change is possible
<i>My current identity, being, and state of fulfillment are determined by past events, relationships and experiences; good and bad. I cannot control the past, nor can I change it since it has already been determined.</i>	<i>Who I am now, and my current state of fulfillment can always change over time; good and bad. I can gain control of what is predetermined, and begin to move towards desired changes since my future is undetermined.</i>

Human conception and birth is both deterministic and chaotic. We enter the world with no control in regard to the environment or family we are born into; good and bad. We have no control over who we are at any level: spiritually, racially, and religiously. We have no control over sexuality or gender.

We have no control over wealth, physicality, mental health, IQ, EQ, any type of intelligence or perspective. We are at the mercy of nature, and the nurturing of our caregivers and the people that surround us; good and bad. Nevertheless, as time passes, we gain control and responsibility over various aspects of our lives and relationships.

As we get older, our evolution and energy become more deterministic. Moreover, our lives become more determined and the amount of time we have to change becomes less as we move closer towards death:



Since the universe and human nature is also chaotic or undetermined, each day is an opportunity to change. The future always holds some level of unpredictability; good and bad. In a chaotic system, our ability to control desired transformation is always possible, but not always easy to wield and control based on the deterministic aspects of our lives. We can't change the past, but we can lessen the severity of the past, by changing our personal energy from the present moment moving forward. We can always change into who we want to become.

Exploration in Deterministic Chaos and how it affects your evolution and energy can enhance the quality of life, and help create more self-acceptance, self-forgiveness, and self-motivation. It can accelerate desired changes for yourself, your family, and those that surround you. From this moment forward, change is always possible regardless of age, gender or cultural difference

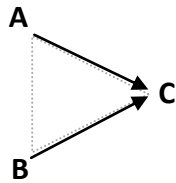


## METAPHYSICAL INFINITIES, SPACE & SYMBOLISM

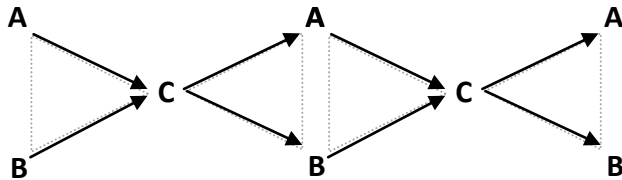
*Metaphysical Infinities* are the geometric and philosophical foundation of the universe. They outline the structure of space and symbolism.

Ego Balance and its theory are metaphysically infinite in form and function. So the laws of nature follow an infinite geometric progression. Meaning the theory flows in a triadic and infinite form. For example:

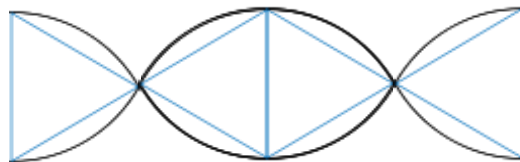
- Concept A + Concept B = Concept C:



- Which creates more A and B, and leads to more C, and so on and so forth over time:



- This geometry is known as a **Metaphysical Infinity**. It is the geometric structure of the universe:



This universal geometry lays the foundation for Ego Balance and symbolizes its core principles, and outlines the fundamental forces of our nature both physically and metaphysically.

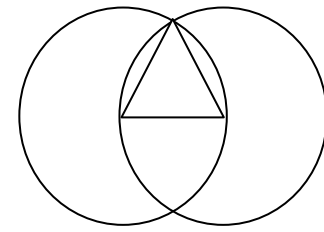
Before I explain how, take a look at some examples of how this universal pattern has defined the structure of space and symbolism historically. Notice the similarity in geometry:

**Pythagorean Space (580-500bc):** Pythagoras' most universal symbols, the *dyad* and *triad*, create a metaphysical infinity, and symbolize a divine connection within and between us.

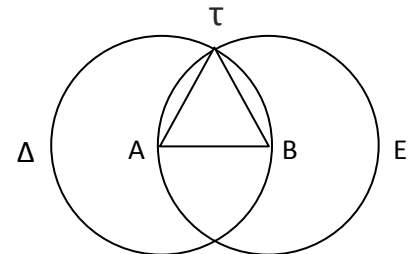
**Euclidean Space (300BC)** considered mathematical, emphasized the importance of the dyad and triad and highlights the metaphysical infinity as well. Euclidean Space becomes the foundation for Descartes, Newton and Einstein. This divine geometry continues to echo forward mathematically, religiously and spiritually.

**Einstein or Minkowski Space** is the physical space we live in today. It is also rooted in this universal geometry and forms a metaphysical infinity. Einstein's redefinition moved away from Euclidian space towards a geodesic or curved space. Even though Einstein's geometry is considered non-Euclidian, it still carries the same universal geometry as his predecessors.

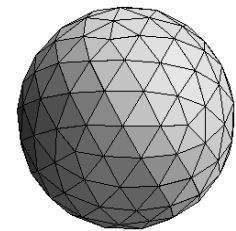
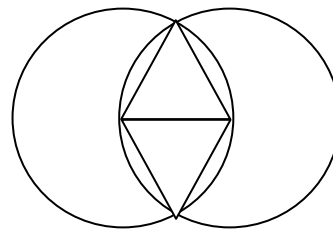
**Religious & Spiritualistic Space:** Christianity, along with many other religions and spiritualities, highlight this metaphysical infinity and universal pattern:



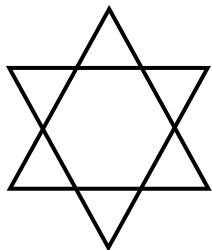
*Pythagor*



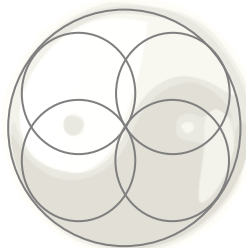
*Euclidean*



*Einstei*

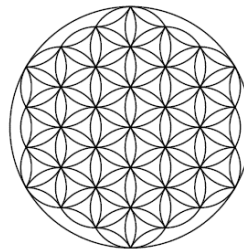


*Star of David*

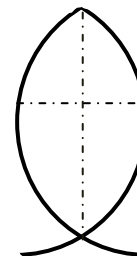


*Yin-*

*Yang*

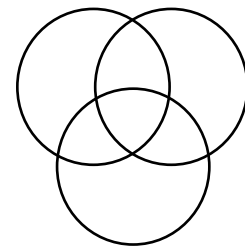


*Flower of*



*Ichthys/J*

*esus*

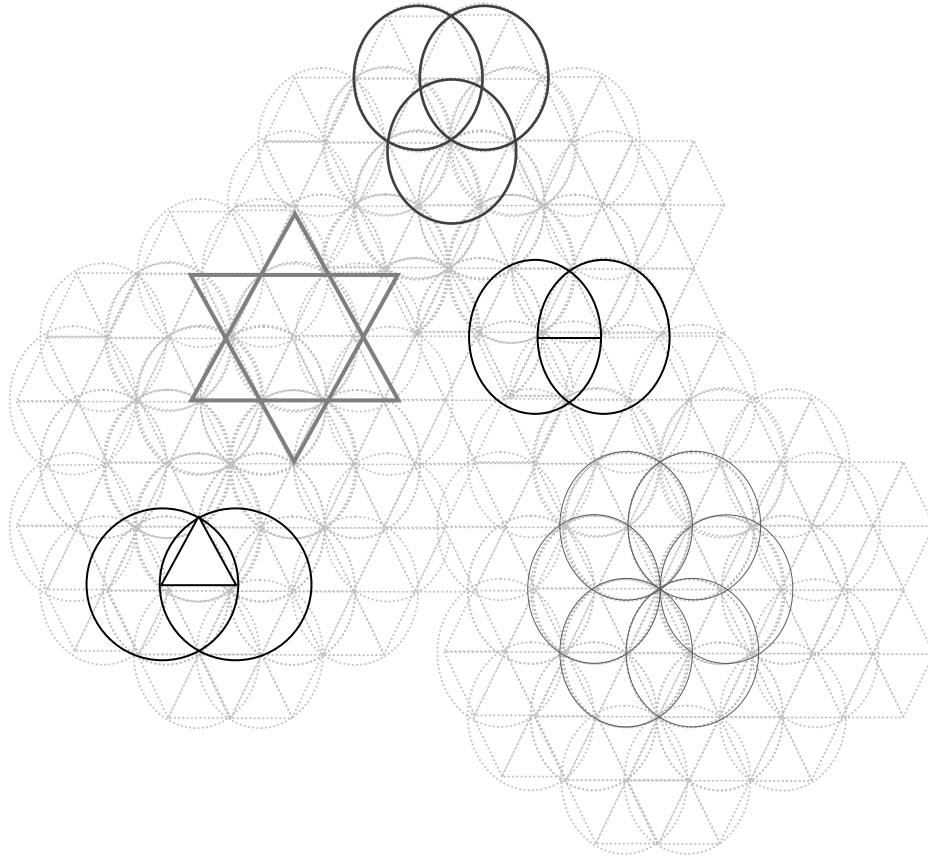


*Holy*

The structure of space physically and metaphysically, mathematically or spiritually, is represented through universal geometry. We wear it, study it, pray to it, and it reminds us of our beliefs and ideology. The strength of each space and symbol comes from us and how we apply it to our lives.

## THEORIES OF EVERYTHING: E=RA

At the crux of this metaphysical infinity or universal pattern lies a theory of change and evolution; an equation of sorts that unifies space and ideology; one that defines our universe in totality and ultimately drives human nature and human fulfillment.



In 2007, I began a pursuit for a *unified theory of everything*; an inch long equation that defines all physical and metaphysical phenomena. As I reflected on a general *theory of everything* some questions directed my pursuit: *What is the essence of change? What ultimately drives our evolution, and directs our movement towards fulfillment? How could this theory drive human nature and help accelerate change and transformation? How can a theory of everything describe our nature, define the universe in its entirety, and how can I apply it to my life?*

Einstein is still considered the most contemporary architect of the physical world. His redefinitions of space, time and energy sparked a domino effect towards physical progress. Beyond, *Relativity* and his *1905 Papers*, Einstein's long lasting legacy was a pursuit to unify the physical elements of the universe and create a *theory of everything*. A theory that would unify the *fundamental forces*: gravity, electromagnetism, and strong/weak forces into a single equation that would ultimately describe the entire universe.

Einstein's pursuit of a *theory of everything* has led to what modern day physicists call *Superstring Theory* – a theory of everything which combines *General Relativity* and *Quantum Mechanics* to describe the physical universe. Everything from the macrocosmic stars and planets, to the microscopic atoms and molecules, can be defined as a string of multi-dimensional particles oscillating throughout space-time.

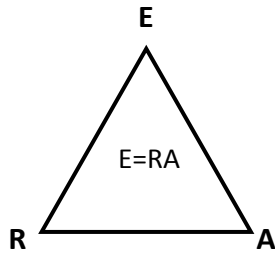
*General Relativity, Quantum Mechanics, Superstring Theory and Particle Physics* define our universe, and outline the structure of space, time, and other *fundamental forces*. However, these theoretical frameworks are rooted only in modern-day physics, making the laws of nature which influence our universe inaccessible to our metaphysical nature.

For instance, *where does human nature exist within these fundamental forces?* Such physical phenomena like gravity and electromagnetism would never exist and have meaning without our ability to discover it and give it meaning. Human nature is the most powerful fundamental force and our ability to create is more powerful than the actual force itself; just like everything in our life and universe. We are the modern man. We are sapient and knowing. We not only ask the questions, but also provide the answers.

Einstein may never have intended to bridge the physical with the metaphysical. He may never have wanted his unified theory to give meaning to love, emotion, and human nature. Nonetheless, a universal theory of everything must not only give meaning to physics, science and academia, but it must also drive human nature, evoke change, and accelerate human fulfillment for self, kin and specie.

Jose Ortega y Gasset, a Spanish philosopher, *emphasizes this pursuit* when he says: *The theory of Einstein is a marvelous proof of the harmonious multiplicity of all possible points of views. If the idea is extended to morals and aesthetics, we shall come to experience history and life in a new way.*



**E=RA**

Ego Balance explores the most powerful fundamental force, human nature, and introduces **E=RA**, a *unified theory of everything*: an encapsulation of all laws of nature into a single representation; a theory that creates all theory; a point of origin so to speak for all physical and metaphysical phenomena. This theory of everything defines space, time, energy, and evolution geometrically and philosophically.

In short, E=RA states that *Everything* within our universe, everything we know to be true and meaningful is defined by, and given meaning through us, and more specifically, through our *Reflection(s)* and *Action(s)* over time. Simply stated:

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<b>R</b>	&	<b>A</b>	=	<b>E</b>
Reflection(s)		Action(s)		Everything
We REFLECT or think about our life, relationships, thoughts, feelings, experiences, decisions, and choices.		Then we ACT based on this reflection.		This continual process of reflection and action defines everything: our character, our relationships, change, our energy & evolution; good and bad.

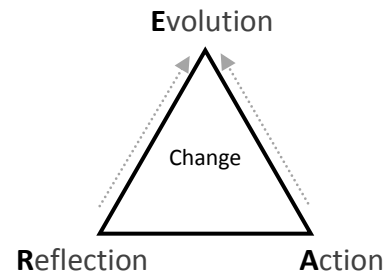
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E=RA is the fabric of our nature and our emotional DNA. It is Da Vinci, Hitler, Einstein, and Hemingway. It is the Brahman and Confucius. It is Moses, Mohammad and Jesus Christ. It is everything and everyone. Within this space, God can exist and still create man, but we ultimately give meaning to our God. Our specie gives meaning to all science, religion, everything good and everything bad.

E=RA forms a triadic relationship (*see above*) and lays the foundation for redefining fundamental force, physically and metaphysically. E=RA is a point of origin. It will provide you with a starting point for self-help and transformation. It is a place to begin and revert back to when stuck. E=RA is the crux of Ego Balance. It is where space, time, energy, and evolution begin.

## EVOLUTION: Reflect, Act, Evolve

When I think of *Everything*, I think of human evolution. I think of a movement towards greater fulfillment for self, kin, and specie. Within Ego Balance, evolution is not referring to the origin of our species, but our movement after origin; from birth to death and beyond. Evolution is our progression towards wellness individually, generationally and as a whole.



Evolution is defined by how we change over time, and how we evolve is based on the way we think about ourselves, our relationships, our experiences, and the action derived from this reflection. This creates change and defines evolution over time. For example:

---

R
&
A
=
E

We Reflect
We Act
We Evolve

We **REFLECT** or think about our life, what we want to change, or who we want to become.

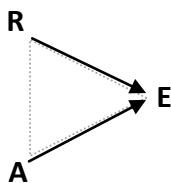
Then we **ACT** based on these reflections.

This process of reflection and action creates change and defines **EVOLUTION**; good and bad.

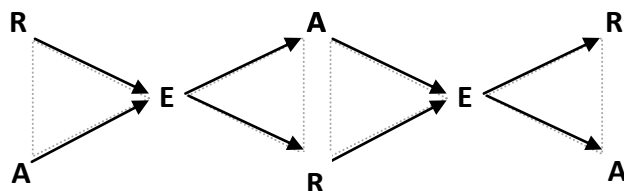
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This pattern of **Reflect-Act-Evolve** always occurs over time and is **metaphysically infinite**. Therefore, it follows a pattern of causality geometrically and philosophically:

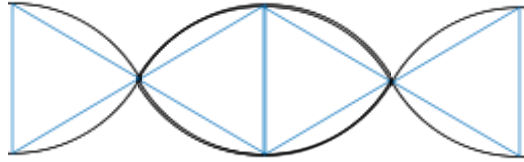
- Reflection and Action creates Evolution or change:



- Which in turn creates new Reflection and Action, and new Evolution and change:



- Thus, creating a metaphysical infinity:



Human evolution is never static. We continuously **Reflect, Act, and Evolve** – over and over, day after day, year after year. We are always evolving over time individually and as a specie. *So how do you want to evolve?* In other words, *how do you want to change over time?* Ego Balance explores your evolutionary progression past, present and future, and focuses on how you want to evolve moving forward. When thinking of your desired changes or goals consider:

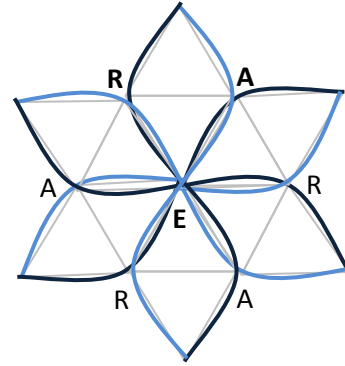
- Human evolution and personal fulfillment are cyclical. We all experience happiness and unhappiness throughout life. We all experience the ups and the downs to various degrees. We can't always be fulfilled in every moment in time nor can we always wield this pattern of causality towards desired change, but we can accelerate change from this moment in time moving forward.
- Strike a balance between realistic and idealistic change. We don't want to limit our ability to transform and evolve, but we don't want our expectations to be too extreme or impossible to reach.

Ultimately, our evolutionary progression towards transformation or greater fulfillment is determined by us and the flow of our personal energy through space over time. Take a look...

## HUMAN ENERGY: E=RA

Ultimately, evolution is determined by the flow of energy through space over time. Space and time alone are empty. These elements only become meaningful from our energy that flows through it.

E=RA is a formula for human energy. It is not a mathematical equation. Nonetheless, this theory of energy gives meaning to all energies that we know to be true physically and metaphysically; mathematic and scientific, spiritually or religiously. E=RA drives our nature in its entirety and is based on reflection and action over time. For example:



R                      &                      A                      =                      E

### We Reflect

We **REFLECT** on our personal energy. We think about how our thoughts, feelings, experiences, decisions, and choices affect ourselves and others. We also think about how other people’s energy influences our state of mind. Or we may not think at all.

### We Act

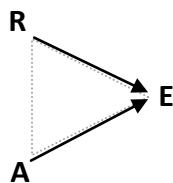
Then we **ACT** based on these new reflections.

### We Create Energy

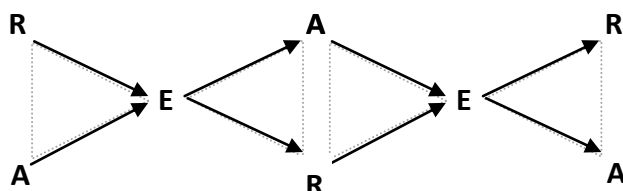
This process of reflection and action leads to changes within our Personal **ENERGY**, and impacts ourselves, and our relationships; from birth to death; for good and for bad.

**Human energy, like evolution is metaphysically infinite**, and forms a pattern of causality which begins at conception or birth.

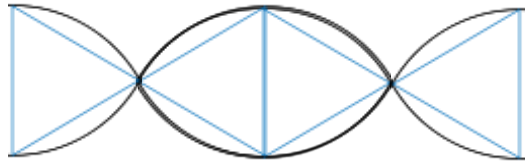
- Reflection and Action creates Energy:



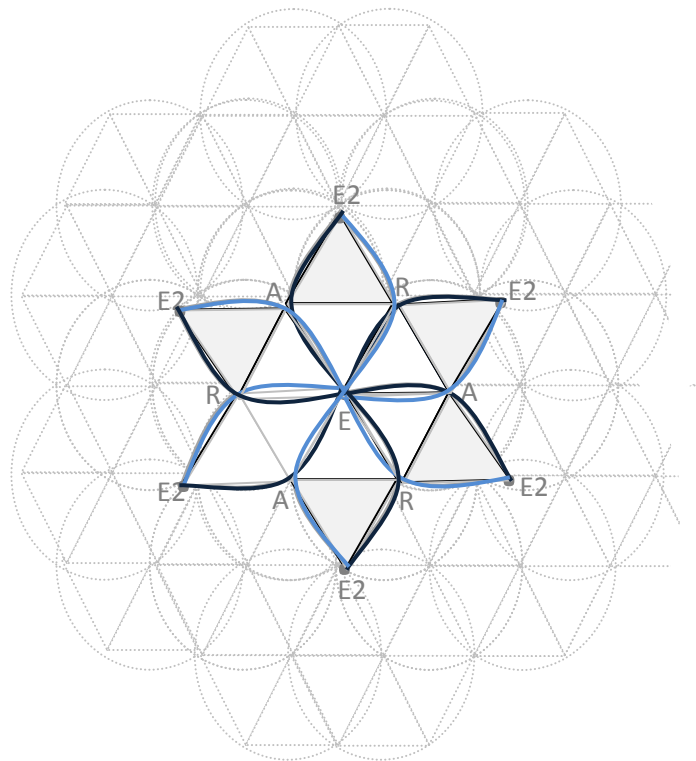
- Which in turn leads to new Reflection and Action, and new Energy over time:



- Thus, creating a metaphysical infinity:



**Human Energy not only flows forward with time, like evolution, but more importantly, human energy radiates in all special directions and throughout all space (figure x) Illustrating the flow of energy in six spatial directions creates symmetrical tiling eliminating gaps or holes in space, and further highlights metaphysical infinities; the foundation for universal truth.**

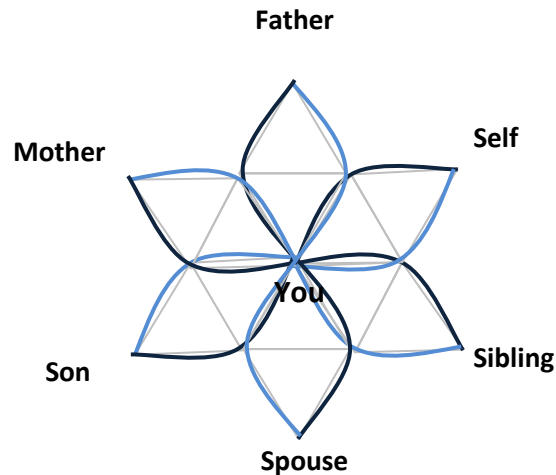


*Figure x*

Moreover, Energy is not only impacting a single relationship as expressed by Pythagoras, but our personal energy is transmitted and received throughout every relationship we have. Human energy is the most powerful fundamental force of nature, and defines our evolution towards wellness.

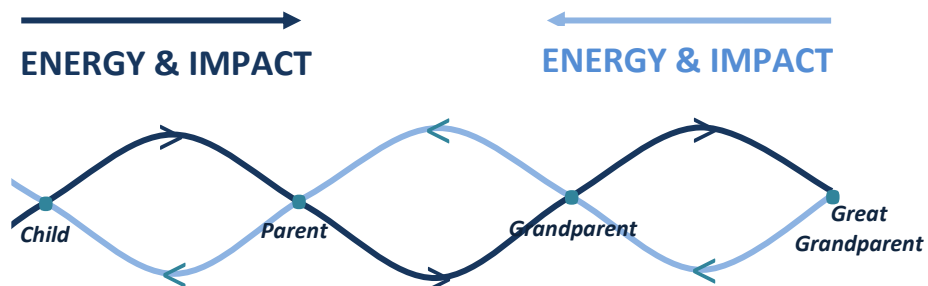
This universal geometry is considered sacred and infinite mathematically, religiously, and spiritually. It is a visual representation of metaphysical space, and a symbolic representation for the most powerful fundamental force: human nature.

**All Human Energy carries some degree of impact and influence** throughout life and continues even after death. This is why human nature is the most powerful *fundamental force*. The impact we have on self and others is defined by the combined effects of our reflections and actions over time. Everything we think, say, do, and don't do, all thoughts, beliefs, feelings, behaviors, judgments, choices, decisions, or any form of personal energy, carries some degree of impact and influence over future energy, evolution and well-being. This impact or Energy is constantly being transmitted and received within self and between one another over time.

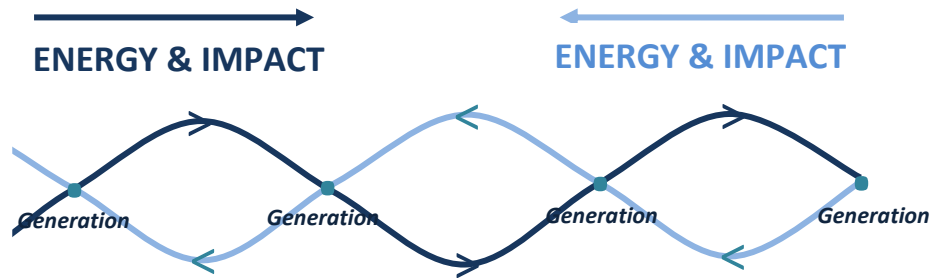


*Our thoughts feelings, emotions, beliefs, opinions carry impact and influence, defining our energy from birth to death and beyond. Energy is metaphysically infinite, and constantly flowing within self and between one another.*

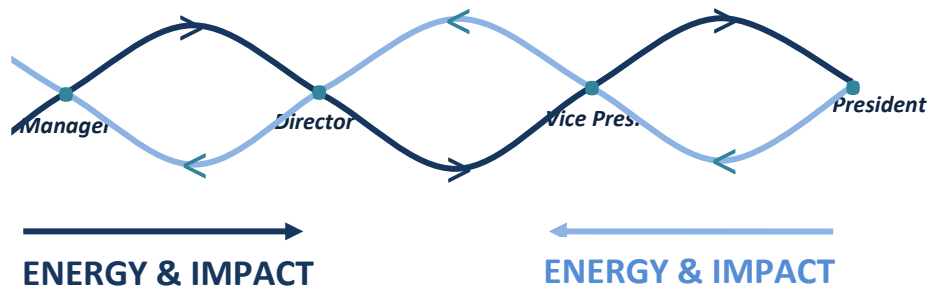
**Human Energy is Deterministically Chaotic** and determined by generational energy or by the impact and influence of our family; good and bad. Our parents, family, and caregivers define our character through their personal energy. So much of who we are is based on this energy and the impact they transmit and we receive over time. As time passes, this energy shapes our identity and affects the flow of personal energy we transmit. In a chaotic system, our deterministic energy affects our future, but can always be changed and transformed over time.



- Generational Energy/Impact:



- Professional Energy/Impact: *Our relationships at work carry significant impact and influence over our state of mind. What does your energy or impact look like?*
  - (co-worker<---> co-worker<---> co-worker)
  - (President<--->VP<--->Director<--->Manager) or
  - (Administration<---->teachers<---->students<---->parents.)

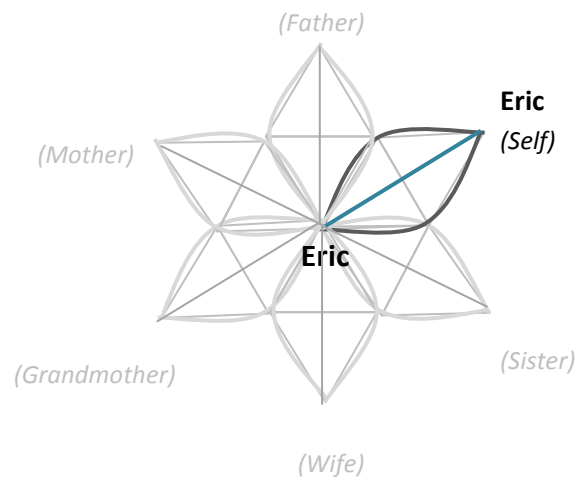


Ego Balance explores the energy flow and the impact you transmit and receive over time. *What does my energy look like personally and professionally? What relationships are impacting me the most? How do I change my perspective or the way I reflect and act in order to change my energy and accelerate my evolutionary progression towards greater happiness and peace of mind for myself, my kin and those that surround me?*

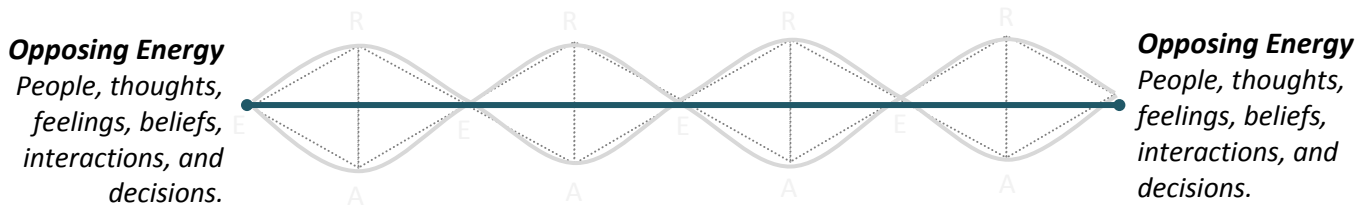
Ego Balance intends to enhance awareness and control over personal energy by looking within the dualities that exist within and between one another. All energy not only carries a certain degree of impact, but this impact lies within a duality of opposing perspective, thought, feeling, emotion or behavior. Ego Balance pursues a balance within your unique dualities in order to help accelerate your desired goals and changes over time.

## Dualism, Polarization & Extreme Energy

Dualism is rooted in our physical and metaphysical universe. Its geometry provides the structure of all fundamental force. When thinking of the universe and how it relates to our nature, one must consider two before one. The world that we know can never exist, and more importantly thrive with only one being. God can still create man, but fulfillment is ultimately driven by those that surround us.



All human energy, everything we think, say and do, and all reflection and action exists within a duality of opposing thought, feeling, emotion or behavior that exists within and between us. We each have similar and unique dualities that flow within ourselves and our relationships. *What are your dualities? And where does your energy fall within these ranges?*



- Eric-----Eric
- Eric-----Wife
- Positive-----Negative
- Right-----Wrong
- Good-----Bad
- Selfless-----Selfish
- Failure-----Perfection
- Acceptance-----Change
- Thought1-----Thought2
- Belief1-----Belief2
- Feeling1-----Feeling 2
- Interaction1-----Interaction2
- Contradiction1-----Contradiction2

*The lists are general and relative.*



Human Energy is not only dyadic or opposing, **but polarized, and flows within a range of extremity within self and between one another:**



When we are unsatisfied, frustrated, angry or unfulfilled in any way, our personal energy shifts towards greater extremity and our perspective becomes more severe. Our dualistic nature becomes more polarized and we begin to think, feel or act in more extreme ways. We are always reflecting and acting within a polarity of opposing people and energy (i.e. opposing behaviors, emotions, thoughts, interactions, judgments, etc.).

*More specifically, **Point A:*** Our “current energy” is our perspective at the present time. A combination of thoughts, feelings, beliefs, and interactions that contribute to our current energy or state of mind. This energy and extremity is relative. It may be a mild or more severe mood. **Point B:** When unhappy or unsatisfied, our thoughts, feelings, and interactions become more severe or extreme over time. Moreover, as we become more unsatisfied, our thoughts, emotions and actions become more difficult to control. This constant polarization leads to greater unhappiness and an inability to move forward towards desired change and peace of mind. In other words, evolution and change may seem slow and unsatisfying.

### Current Energy

A

*TIME: seconds, minutes, hours, days, months, weeks, years, etc.*

B

### A More Extreme State

*(How I Feel Now)  
(Thinking Now)  
(Acting Now)  
(May already be an extreme state)*

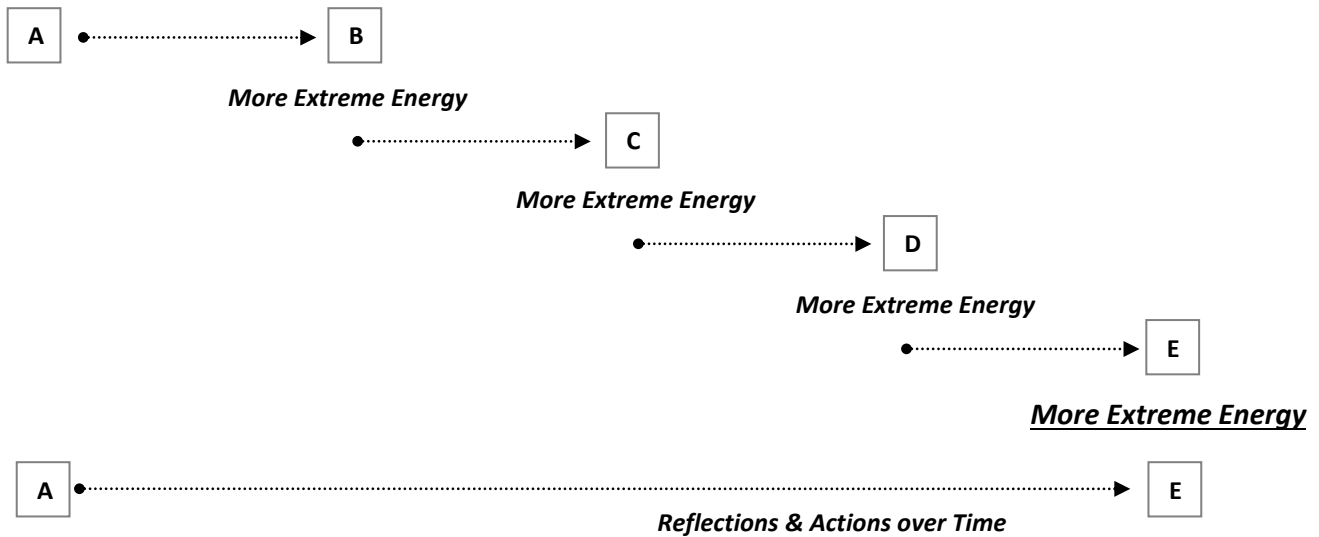
*When we're unhappy in any way, our personal energy becomes more polarized; our thoughts, feelings, interactions become more extreme.*

*We may be feeling more depressed, anxious, sad, (fill in the blank) at ourselves or at others*

*At this point my reflections and actions can become more or less extreme.*

We rarely experience the most extreme polarity, or shift immediately to the most severe end of the spectrum. There is a progression of reflections and actions or a series of experiences that build up over a period of time.

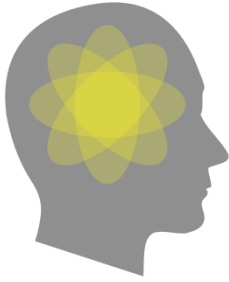
### Current Energy



From A-E: Increasing agitation, anxiety, depression, anger within self or between one another over seconds, minutes, days and years...etc. This polarization or movement towards extremity is relative in time, type of energy and intensity. For example:

- Sad thinking → angry feeling → physical abuse (This could happen over days, minutes, etc)
- suicidal feelings → suicide attempt → hospitalization (days, weeks, months)
- Rude comment → angry argument → violent actions → injury → death
- This movement towards extremity is relative for each person, circumstance and varies in length of time.

How do I change these patterns in reflection and action and minimize the extremity? Instead of going all the way to point E or the most extreme state, how can I only reach state D, C or B with greater frequency and ease? How can I achieve this within my evolutionary progression, and within the energy that flows within me and between one another? Explore and apply a Golden Balance to your personal energy to accelerate change and evolution. Read on...



## THE GOLDEN BALANCE

Ego Balance redefines and applies a *golden philosophy* to human nature in a pursuit towards achieving greater balance within human evolution and within human energy. More specifically, the *Golden Balance* is a movement away from polarized energy or from an extreme state towards a middle ground. This golden ideology aims at guiding the reader away from extreme dualities in personal energy which often occur when unsatisfied or unhappy towards a balanced perspective.

Pursuance of the Golden Balance can help accelerate desired changes and transformations, ultimately providing fulfillment with greater frequency and ease over time. Applying this balance is relative and unique for each individual, but the movement is universal and applicable to everyone. As a caveat, balance is a range, rather than an exact point. It's elusive, but innate. We all experience the golden balance throughout life, and have the ability to control it, but can't always reach it within every moment, and at all times.

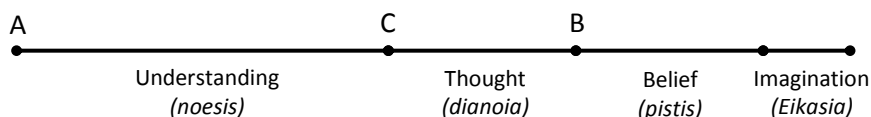
Golden philosophy traces back to antiquity and has arguably existed since the birth of humanity. It has many names and interpretations including: the divine proportion, golden mean, golden ethic, golden ratio, phi, and the irrational number of 1.6180339. Pythagoras, Fibonacci, Euclid, Plato, Aristotle, Confucius, Buddha, Jesus and Da Vinci have highlighted the unique properties of this golden philosophy in nature, art, mathematics, science, religion and spirituality.

Take a brief look:

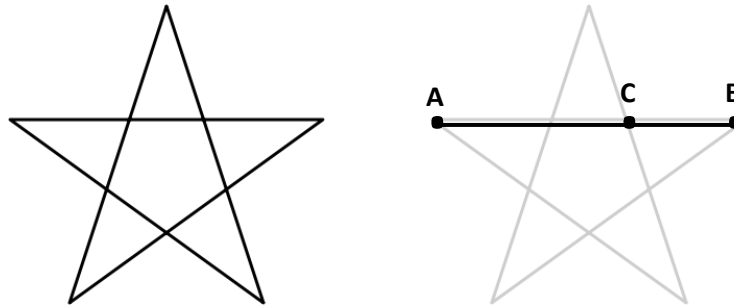
- a. **Euclid** (325bc) redefines the golden philosophy mathematically providing one of the first definitions of the divine proportion into *the extreme and mean ratio*. Euclid's definition provides the geometric framework for a divine or golden proportion:



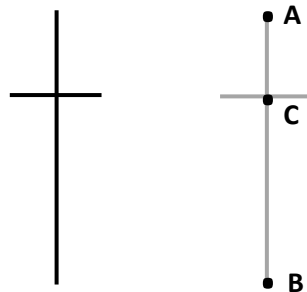
- b. **Plato's** (427-347BC) divided line analogy illustrates a divine proportion within the human mind:



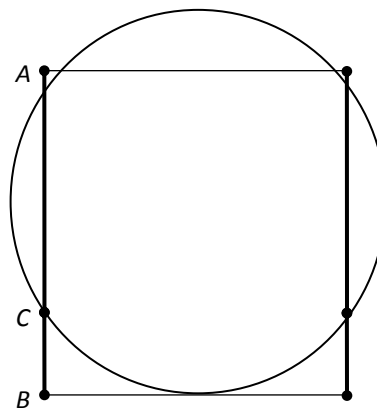
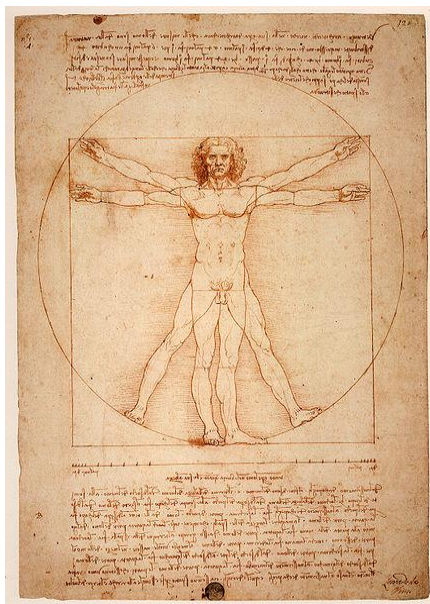
- c. **Pythagoras** (580bc), an originator of universal geometry, was one of the first to highlight the divine proportion through the pentad, better known as the pentagram. The line segments within the pentagram are noted to be in golden proportion with one another.



- d. **The Cross** can also be interpreted to be in a divine or golden proportion:



- e. **Leonardo da Vinci** (1452-1519) also hints towards this divine proportion. In the Vitruvian Man, Leonardo highlighted a perfect proportion within human anatomy. This golden proportion is illustrated through the intersection of the circle and square:

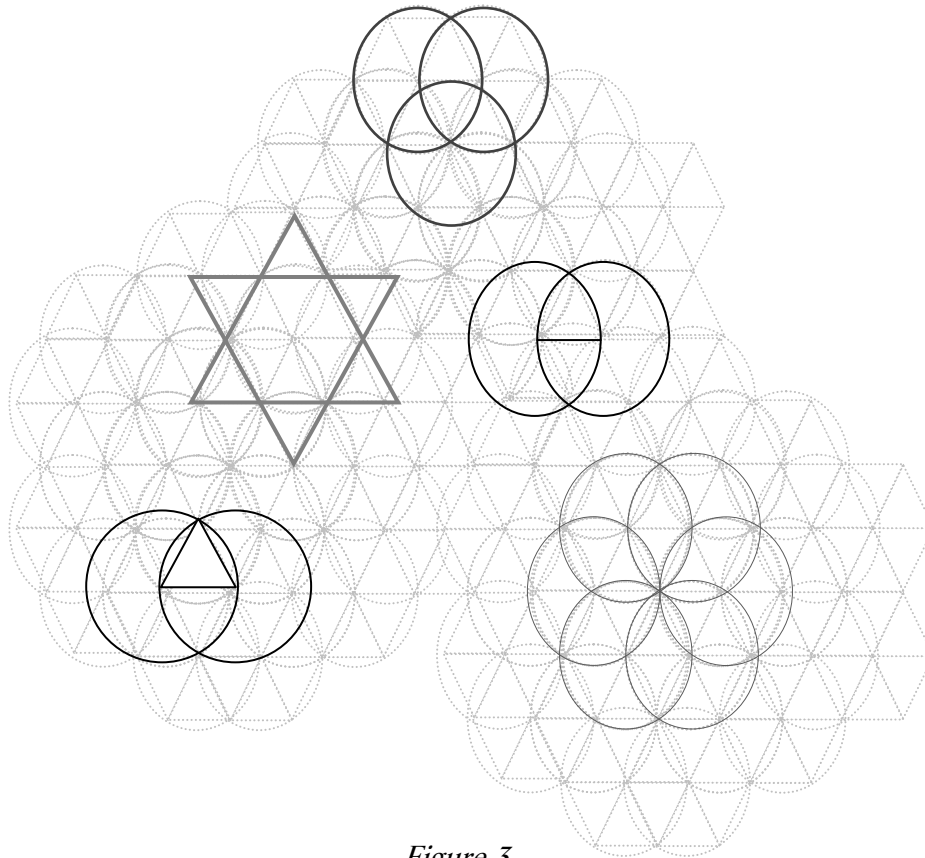


Golden Philosophy is symbolized through this divine proportion of line segments regardless of mathematical, spiritual, scientific, or philosophical relevance:



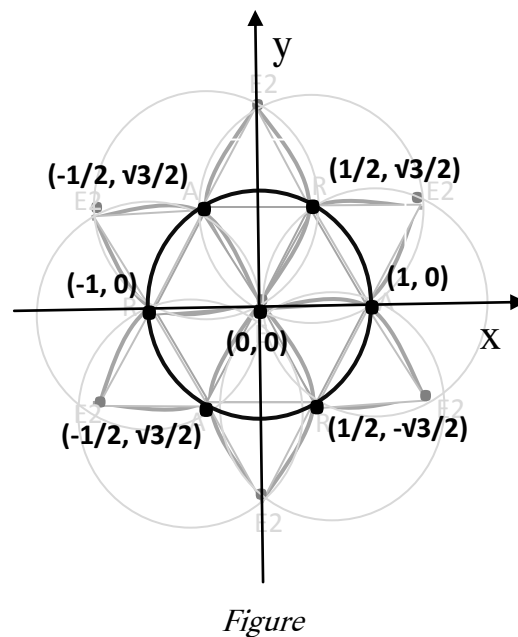
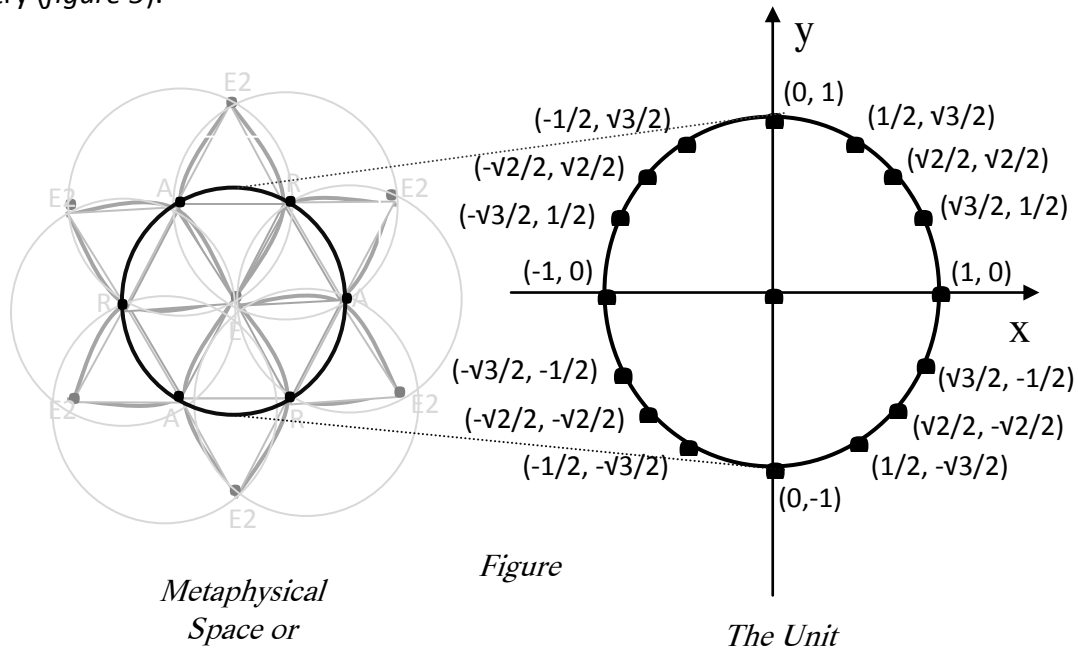
Where does the divine proportion exist within human nature? Let me begin by highlighting its location in universal geometry.

In order to locate Phi or the golden ratio approximation of 1.618, I deconstructed universal geometry and searched for this divine proportion mathematically within metaphysical space (*figure 3*):

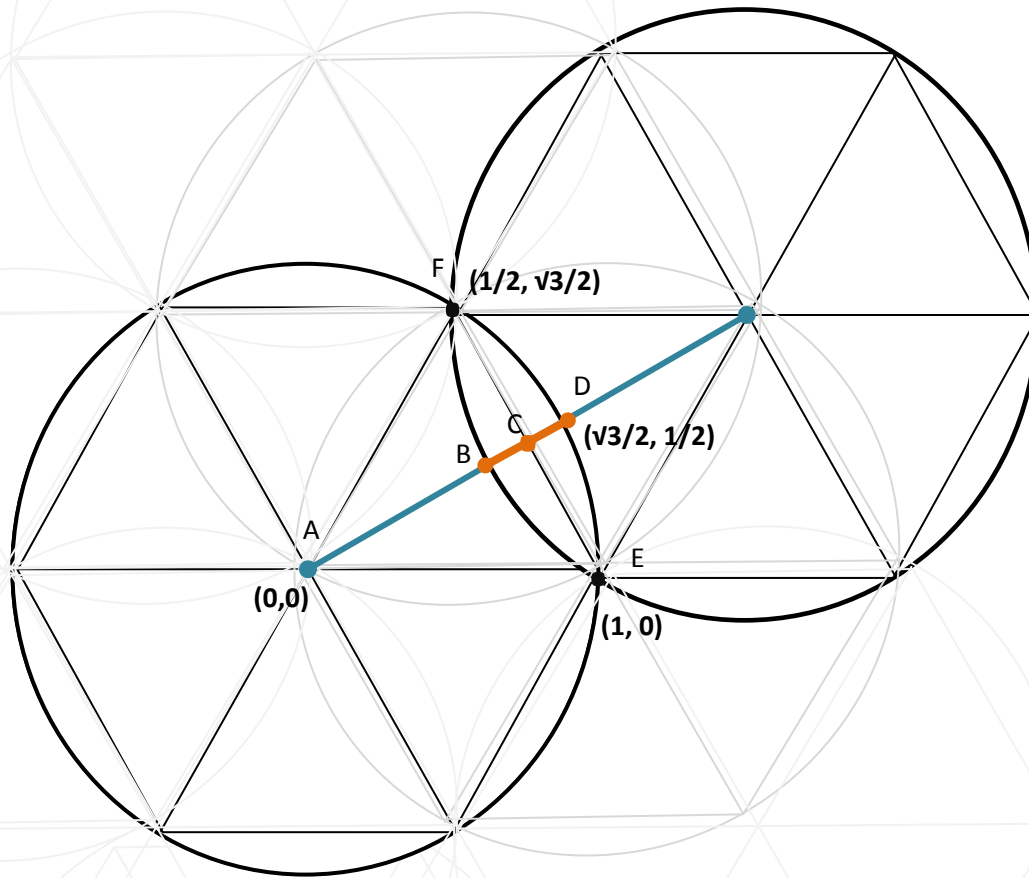


*Figure 3*

In order to obtain universally accepted mathematical values for the line segments within metaphysical space and symbolism, I applied the Cartesian System of co-ordinates. More specifically, I employed the *unit circle* (figure 4) which provided universally accepted numerical values for this geometry (figure 5).



Eventually, the *unit circle*, unveiled phi approximations and golden proportions within this universal geometry:



**Golden Ratio Approximations:**

$$\frac{2(.2679\dots)}{.866\dots} + 1 = \sim 1.618\dots$$

$$\frac{.866\dots}{4(.133\dots)} = \sim 1.616\dots$$

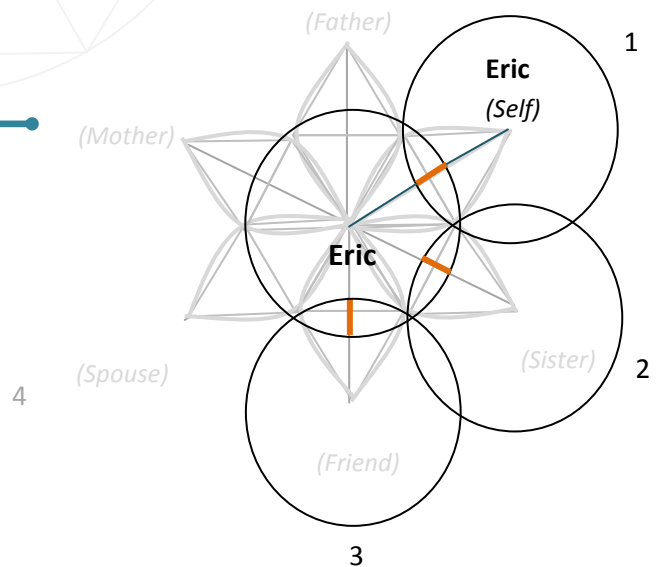
- Point A = (0,0)
- Point F = (1/2,  $\sqrt{3}/2$ )
- Point D = ( $\sqrt{3}/2$ , 1/2)
- Point E = (1, 0)
- AC = .866.. or  $\sqrt{3}/2$
- BC & CD = .1339.. or  $1-\sqrt{3}/2$
- BD = .2679...

The location of these phi approximations highlights a golden section, a glittering middle range within the dyad:



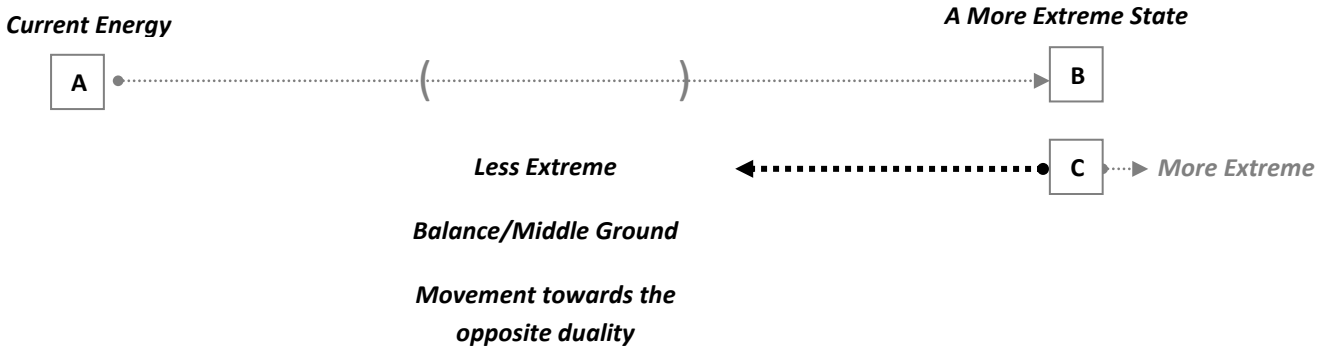
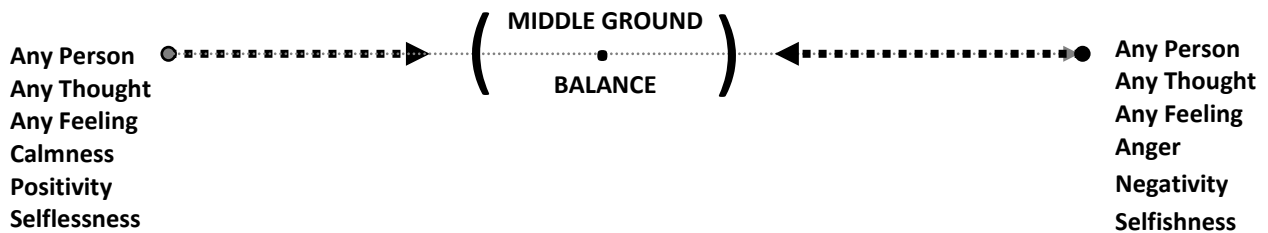
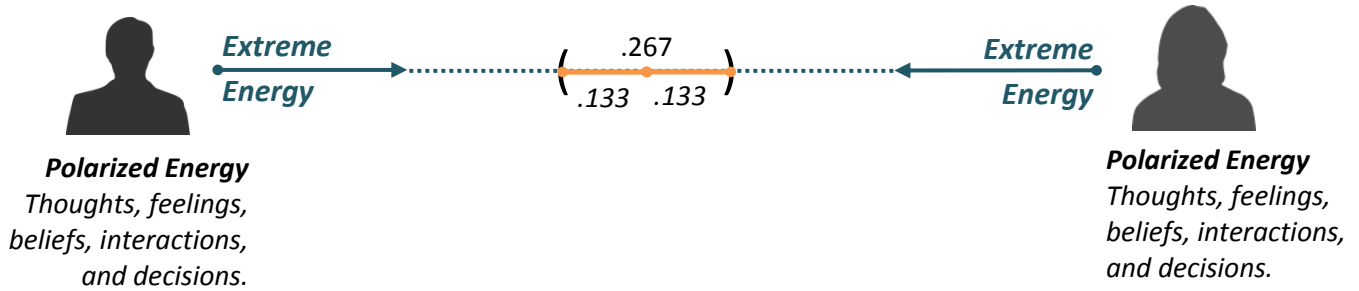
This middle section becomes “golden” when illustrating the flow of energy in six spatial directions. This creates tessellation and highlights the golden range further (figure 6):

- f.  $.2679491924 * 6 = 1.607695154$  phi approximation.
- g.  $.1339745962 * 12 = 1.607695154$  phi approximation.



Figure

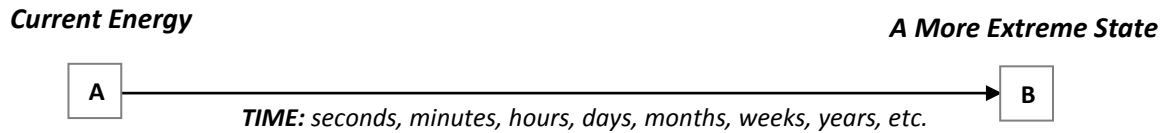
More importantly, this golden section highlights a balance within our dyadic nature, and symbolizes a movement away from extreme energy towards a middle ground between opposing person, thought, feeling, and action. This movement is universal for all regardless of difference. How we move toward the middle becomes relative for each person. Pursuing and achieving this balanced energy is the cornerstone of Ego Balance.



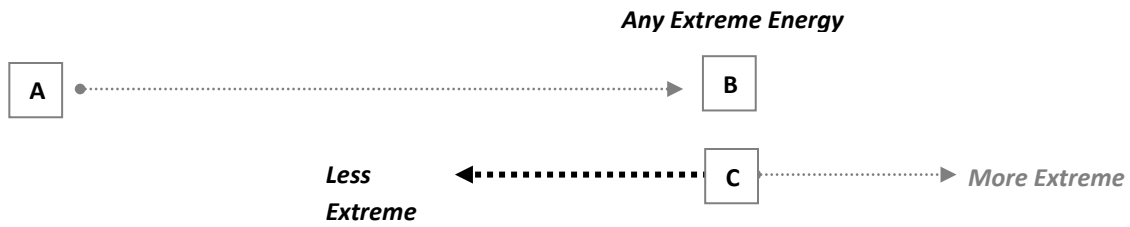


**Conceptualizing the Golden Balance Further:**

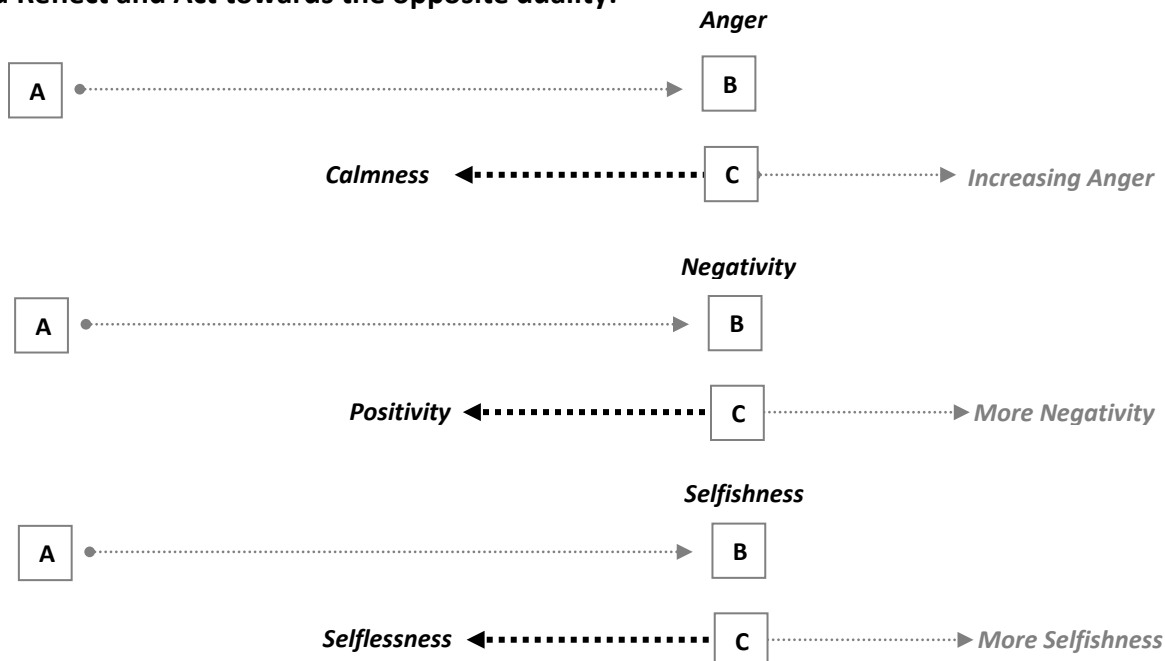
**We know that when we are unhappy in any way our reflections and actions or our personal energy become more polarized; our thoughts, feelings, interactions, etc. become more extreme.** This build up of extremity happens over a given amount of time.



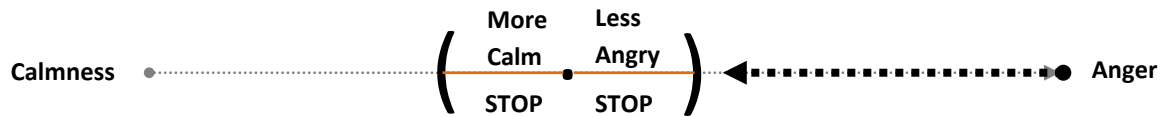
At any point in time, our energy: our thoughts, feelings , actions, etc.) can become more or less extreme.



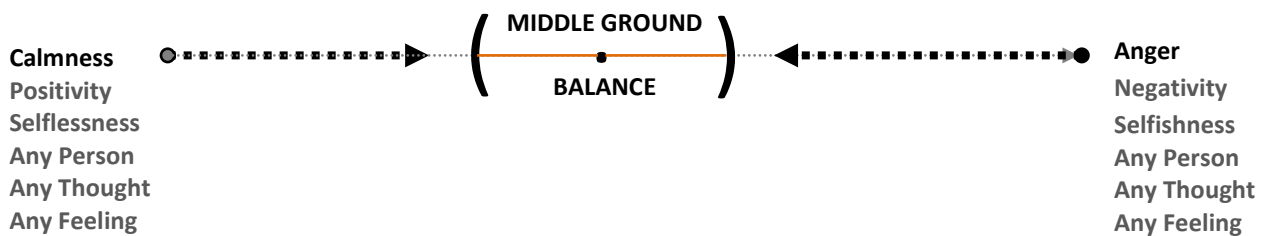
When we find ourselves unhappy (fill in the blank with any unsatisfying emotion) or when our personal energy (i.e. thoughts, feelings, actions, etc) becomes more extreme or polarized, **energy stop, and Reflect and Act towards the opposite duality:**



**Movement towards the opposing duality is important, but finding balance between the two is paramount.** *If I begin moving forward towards the other side of the spectrum or an opposing duality where do I stop?*



**I don't want to shift my perspective completely towards the other extreme. I want to try and find a golden balance or middle ground between both dualities:**



**Current Energy**

**A**

(How I Feel Now)  
(Thinking Now)  
(Acting Now)  
(May already be an extreme state)

*TIME: seconds, minutes, hours, days, months, weeks, years, etc.*

**A More Extreme State**

**B**

*When we're unhappy in any way, our personal energy becomes more polarized. Our thoughts, feelings, interactions become more extreme.*

**( C )**

**Explore a Golden Balance**

**Movement towards the opposite duality**

**Middle Ground**

Instead of going to an even greater extreme, begin to move to the opposite duality in thinking, feeling or acting. I don't want to move to the complete end of the spectrum. Try and find a balance between the opposing dualities in energy.

*We're feeling more depressed, anxious, sad, or angry (fill in the blank) at ourselves or at others based on our reflections and actions in all three states of presence; past, present and future.*

*At this point my reflections and actions can become more or less extreme.*

The Golden Balance occurs over time and takes a series of events, conversations or experiences to achieve. We don't want to limit our ability to achieve balance, change and fulfillment in a short amount of time, but we also want to keep realistic expectations so we can consistently move forward:

